

27th USAPL Womens National Powerlifting Championships

Hyatt Hotel - Miami, Florida

February 14 - 15, 2009

Finalized Timetable of Events

Friday, February 13, 2009

Referee Technical Meeting [4:00 - 5:00 pm]

Early Equipment Check / Friday Athletes Only [5:00 - 7:00 pm]

Saturday, February 14, 2009 -- Session I

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Flight A: Women 97, 105 & 115 / 13 Lifters

Award Presentation: Johnny Graham, Vice-President, USA Powerlifting

Saturday, February 14, 2009 -- Session II

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Flight A: Women 123 / 10 Lifters

Flight B: Women 132 / 11 Lifters

Award Presentation: Lance Slaughter, Executive Committee Member, USA Powerlifting

1:30 to 2:00 pm – **Women's Hall of Fame Induction Ceremony**

2:00 to 3:00 pm -- Early Equipment Check for ALL Sunday Lifters

7:00 to 8:00 pm – **Women's National Committee Meeting**

8:00 to 9:00 pm -- Anti-doping Seminar

Sunday, February 15, 2009 -- Session I

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Flight A: Women 148 / 13 Lifters

Flight B: Women 165 / 07 Lifters

Award Presentation: Dan Onishuk, President, Con Cret Creatine

Sunday, February 15, 2009 -- Session II

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Flight A: Women 181, 198 & 198 / 14 Lifters

Award Presentation: Dr. Larry Maile, President, USA Powerlifting